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Bangalore Mirror

TEMP Max 27 | Min 20 | Humidity 87% Generally cloudy sky with Light rain Sensex 59,332 | Nifty 17,659 | Gold 51,710 | Silver 64,200 | Dollar 79.63 | Euro 82.39 | GBP 97.31

Rail dreaming

CITY PAGE 5

With new chief at helm, renewed enthusiasm for delayed suburban rail project

Litter-free show

CITY PAGE 3

Independence Day flower show at Lalbagh to generate least garbage

Study reveals high uranium levels in Bengaluru Urban's borewell water samples of more than 30 µg/L pointing to overexploitation of groundwater

RADIOACTIVE

Maximum value of uranium at 201.1 µg/L observed in Chintamani, Kolar

Garima Prasher
c-garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

As per the latest investigation conducted by the Central Ground Water Board (CGWB), groundwater in Bengaluru's urban and rural areas is partly affected by the heavy metal uranium with a concentration of more than 30 µg/L (micrograms/litre).

The occurrence of uranium in groundwater beyond the permissible limit has also been observed in Ballari, Kalaburagi, Kolar, Mandya, Raichur and Tumkur districts in Karnataka.

For the study, 737 water samples from groundwater monitoring stations across the state were collected. The results showed the concentration of uranium ranging from 0.0 to 201.01 µg/L with an average concentration of 4.22 µg/L. The maximum value of uranium observed was 201.1 µg/L.

Out of the 737 wells, 14 wells (2%) exceeded the WHO permissible limit of 30 µg/L, which were from the districts of Bengaluru Urban, Bengaluru Rural, Kalaburagi, Mandya, Raichur, Tumkur, Ballari and Kolar. The highest value of 201.01 µg/L was recorded at Chintamani, Chintamani tehsil of Kolar district.

Experts said high uranium concentrations observed in shallow groundwater may be due to local geology, anthropogenic activities and urbanisation.

"Trace metal or heavy metals such as uranium are found in geological strata deep underground. These elements start appearing in our groundwater only after we reach certain depths. This means the groundwater table has declined. So now, we are getting contaminated water," said Dr TV Ramachandra of the Centre for Ecological Sciences, IISc.

Experts BM spoke to explained that while overexploitation of groundwater and inadequate groundwater recharge in particular sub-aquifers might lead to higher uranium concentration in the water, the need of the hour is to isolate these aquifers and stop using the water for domestic purposes.

> **"We need to identify affected aquifers, immediately isolate them and stop using them for drinking water**
>
> — S Vishwanath, urban planner, water conservation expert

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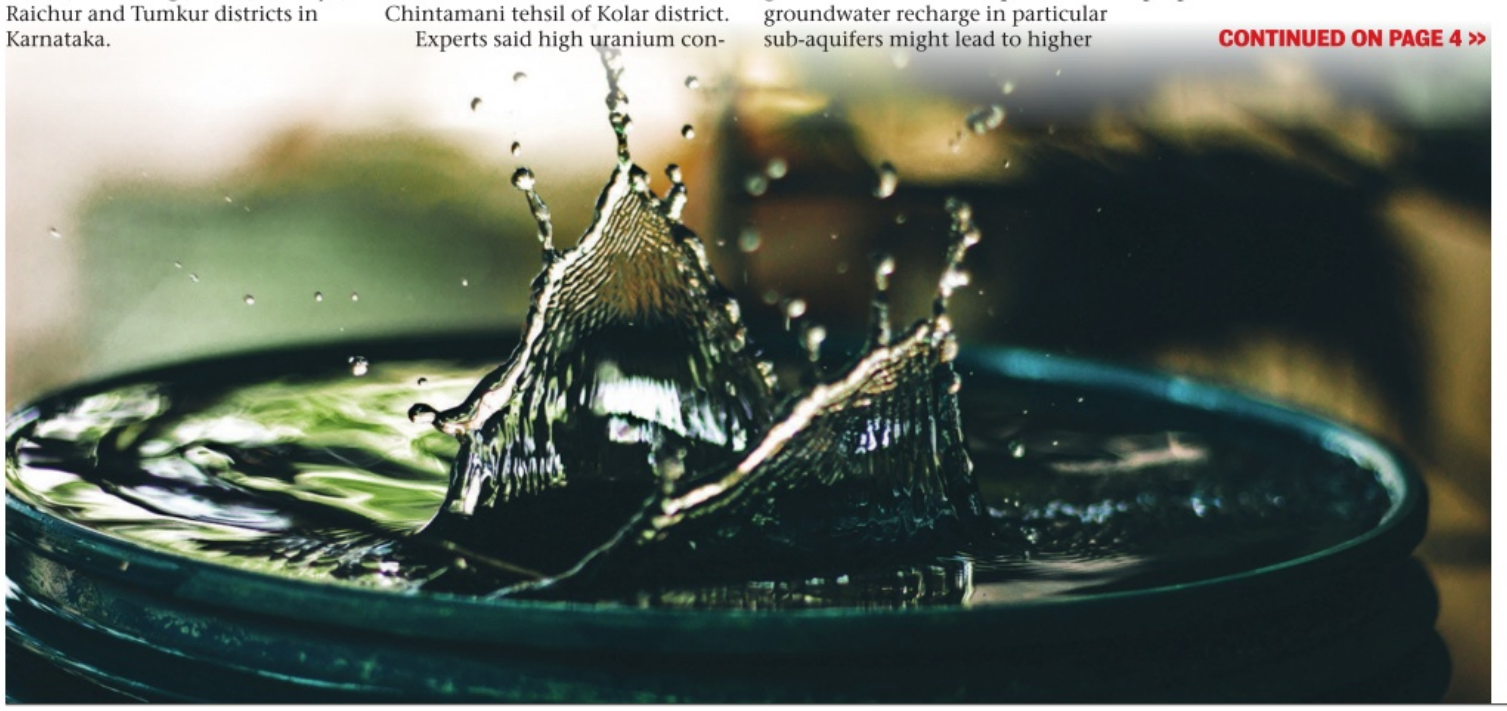


POWER TRIPS

In June 2022, Bengaluru Rural reported 386 transformer failures and Bengaluru Urban posted 299 malfunctions

Iffath Fathima@timesgroup.com

TWEETS @BangaloreMIRROR

There have been increasing reports over the years of malfunctioning transformers in the city leading to long hours of power cuts, and at times, fatal accidents. The percentage of transformer failure in 2019-2021 hovered between 7-8% and since has not shown any reprieve.

As per the latest figures from BESCOM, in the year 2019-2020, the number of functional transformers in the state were 3,81,103. There were 30,751 faulty transformers back then at 8.07%.

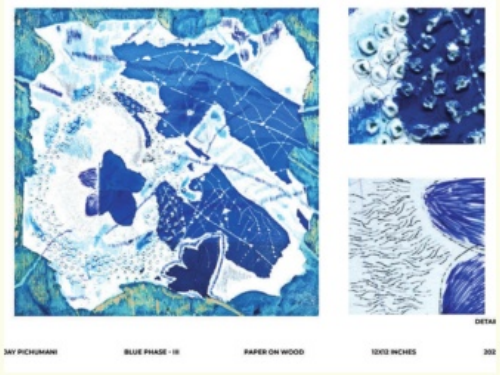
Between 2020 and 2021, the total number of transformers increased to 4,25,897, amongst which, 32,034 were faulty, at 7.52%. In 2021-2022, there were 4,55,604 transformers, out of which 35,987 failed at 7.90%.

In 2022-2023, the month of June posted 2.41% transformer failures, with 3,906 incidents out of a total number of 4,62,257 functioning transformers.

According to officials at BESCOM, maximum failure of transformers is seen in rural areas at about 90%. "Apart from the increase

CONTINUED ON PAGE 8 »

3 THINGS TO DO



01 Flower power

Art Houz Presents "Pichumani Re-imagined Reality", a solo show by Vijay Pichumani. In his latest suite of works titled "Re - Imagined Reality", his thematic content is premised on flowers. The idea of engaging with flowers came to him while walking in his hometown, and along the muddy paths he discovered a number of colourful flowers that attracted him. **Where: Art Houz, Vasanthnagar; When: Till August 13, 10.30 am – 6.30 pm**

02 Fitness, from anywhere

Fitness buffs, listen up. The #WalkForEquality challenge is to cover 100 km, 50 km, or 25 km over 10 days. Participants can walk anywhere, anytime, and on any surface (trail, road, treadmill, backyard, park, balcony). It's a virtual challenge. The event is to spread awareness about inequality.
Where: Virtual; When: Till August 14
Register: virtualtrailwalker.oxfamindia.org/

03 Old-school tunes

Alan Rego, one of Bangalore's best-known musicians, has been singing professionally for over 40 years. His soothing voice, driving rhythms and huge repertoire will ensure you have an unforgettable evening. Back by popular demand, he will be performing for "Friday Night Unplugged @ Urban Solace".
Where: Urban Solace, Annaswamy Mudaliar Road; When: Aug 12, 7 pm–9 pm
Contact: 9845013055, 9945022177

EDUCATION, POST COVID

Counselling that helps children learn, again

Parents, teachers, school counsellors figure out back-to-school changes together

Saumyangi Yadav
c-saumyangi.yadav
@timesgroup.com
TWEETS @BangaloreMIRROR

PICTURE FOR REPRESENTATION ONLY

From social anxiety to screen addiction, challenges are plenty for school teachers and parents

When after a break of two years, students started coming back to classes, teachers started noticing some behavioural changes in the kids. Shanida Nasser, a counselor at St. Joseph's Boys' High School, explains that a sudden jolt out of the comfort zones of their home had put the students in an uneasy situation.

Meanwhile back in their homes, parents too are unable to understand how the children are coping with the changes. To bridge this gap, St. Joseph's Boys' High School, began conducting joint counselling sessions for parents and teachers. Bangalore Mirror spoke to a few parents, teachers and counsellors involved to understand what changes were observed in the post-pandemic classroom sessions.

According to Nasser, during the two years of stay at home, the emotional growth of children had somewhat stopped. She gives an example: Children who are in Class 9 now have grown physically in the last two years but emotionally, they are still Class 7 students.

"Their mannerisms have also been affected as they weren't in a classroom for over two years. At home, they were in their comfort zone. Now they are facing issues adjusting back to this formal environment," Nasser says.

Roja Kandath, mother of a Class 9 student and a journalist, said the sessions have proved helpful with quite a few takeaways. As a mother of a teenager, she understands that it will take a while for the kids to adjust to 'normalcy'.

"These sessions have helped highlight many issues such as poor sleep cycle among students, behavioural changes, and problems with language after the pandemic.," she says, underlining how the sessions where parents and teachers can talk freely is proving helpful.

Gowri Mirlay Achanta, a teacher told Bangalore Mirror that during these sessions termed 'positive parenting sessions', school counselors discuss with the parents the major problems that students have been facing and parents too tell them what they have observed.

"It is very important because most of the time the teachers have no idea what is going on with the students at home and the parents don't know what's happening at the school." She said the sessions are specific for classes and they also have separate sessions for single parents.

The problems too are different -- while in the junior classes the focus is mostly on post-pandemic behavioral changes -- restlessness in class, learning gaps, and lack of routine and social interaction, parents of the older students are grappling with the childs' gadget addiction, lack of exercise, and difficulty in focusing for long periods.

Counselors say that these sessions have also helped de-stigmatise the concept of counseling. "These sessions also encourage the children who are in need of counseling sessions to come forward," Lydia Rachel, another school counselor, added.

"At the beginning of every session, I say to the parents that they should allow the changes to happen at their own pace and not force it. Students will take time to get back to normal," a counsellor said. There are some things that will take quite long to sort out, counselors feel, for instance, screen addiction that has increased among kids and parents too.

Mary Vatsala, a parent of teenage boys, says the sessions are truly helpful as it could otherwise have been confusing why the kids are behaving the way they do. "These sessions have become much more essential since every child has had a different experience during the lockdown and is facing different problems," she says

She says that these are much more than parent-teacher meetings. "But here we are able to discuss what common issues the children are facing," she says.

Kandath says the changes will be gradual. "Everyone's grades have been affected as well. It will take some time for them to get back to their normal schedule unlike for adults who just have to do it," she says.

'Innovation, consistency key to bridging learning gap'

Even as teachers struggle to bridge the education gap that was an outcome of the pandemic, there are stories of positivity and hope too.

As per a study conducted by Azim Premji Foundation in nine districts across Karnataka, covering 463 students and 30 teachers and in 41 districts in five states across the country, covering 1644 students and 108 teachers overall, the many months of unfinished learning due to covid-19 is slowly but steadily being taken care of through innovative ways of engaging students in the classrooms. The study was conducted between January and April 2022 on students in classes II to class V. It was observed that, across classes and across language and mathematics, learning loss of previous class abilities persisted.

At the beginning of the study period, 53 per cent, 70 per cent, 58 per cent and 61 per cent of students from Classes II, III, IV and V respectively, were not able to demonstrate specific abilities assessed in language. Similarly, 29 per cent, 57 per cent, 52 per cent and 54 per cent of students from Classes II, III, IV and V respectively, were not able to demonstrate specific abilities assessed in mathematics. However, when students were evaluated again after 8-10 weeks, students exhibited improvements across classes, language and mathematics.

The role of teachers is central to tackling the education emergency in India, says the study

While 41 per cent, 46 per cent, 50 per cent and 41 per cent of students, from Classes II, III, IV and V respectively, showed improvement in specific abilities assessed in language, 52 per cent, 54 per cent, 47 per cent and 63 per cent of students from Classes II, III, IV and V respectively, showed improvement in specific abilities assessed in mathematics.

"A continuous high-engagement effort by committed teachers in the public school system does have a positive effect in the recovery of learning loss. However, the study also cautions that this is too little, with a significant percentage of students still unable to reach earlier class-level abilities even with such committed efforts," said the findings.

"The role of teachers is central to tackling the education emergency the country is facing. The lost learning can be recovered if we work systematically, give it adequate time, and provide teachers with appropriate support," said Anurag Behar, CEO, Azim Premji Foundation.

The study recommends a sustained long-term effort by the entire public school system to focus on the recovery of learning loss. **— BMB**

Enjoy the flower show, litter-free

Volunteers, Horticulture Dept ensure this year's flower show is a zero waste event

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The ongoing Independence Day Flower Show at Lalbagh may be known as the flower show to generate the least garbage, thanks to joint efforts by the Horticulture Department and volunteers.The department and volunteers focused on reducing waste by not using arecanut leaf plates to supply food for policemen, security guards and volunteers.

"On an average, we need around 2,000 arecanut leaf plates to supply food for guards, policemen and volunteers daily. We supply food in steel plates to everyone. This initiative has reduced garbage generation to a great extent," said Deputy Director of Horticulture (Lalbagh) G Kusuma.

Kusuma said the policemen used to hesitate to use the steel plates to have lunch. "They demanded that they be served food in arecanut leaf plates or plastic boxes saying that it would be difficult for them to have food in steel plates. I not only explained to them the ill-effects of plastic plates but also convinced them to use steel plates," Kusuma said.

She said that arrangements were made to sell reusable water bottles to prevent visitors from buying bottled water. "Drinking water is being supplied to visitors free of cost. They can fill up reusable water bottles as many times as they want. Each reusable water bottle is priced at Rs 40. Visitors can bring reusable water bottles with them to the flower show and take drinking water," she said.

Return paper tickets

BMRCL has decided to issue return journey paper tickets for those travelling to the Flower Show at Lalbagh for three days (Aug 13-15). The Metro fares from Lalbagh Metro Station to any Metro Station on these days shall be flat Rs 30 from 10 am to 8 pm. The paper ticket is valid for the day of purchase only and for a single trip only from Lalbagh station to any other station. These tickets will be available for purchase at all the Metro stations from 8 am to 6 pm.

NS Ramakanth, who is known for his proactive participation to reduce waste at public functions, made arrangements to supply the steel plates and tumblers. Ramakanth also roped in BBMP marshals to enforce the ban on plastic usage. "We can achieve zero waste if all participants work together. It is a joint effort by Beautiful Bangalore, BBMP and other volunteers including me," said Ramakanth.

BBMP marshals, volunteers join hands to spread awareness about the ill-effects of using plastics, at the flower show in Lalbagh

Odette Katrak, co-founder of Beautiful Bharat, said that keeping public spaces clean is everyone's responsibility. "I am happy that through our awareness drives, backend support to the Horticulture Department, we have managed better processes and a more responsible public, conscious of using bins, generating less waste, avoiding banned items," said Odette Katrak.

BBMP marshals stepped up vigil to enforce the ban on single use plastic. "We came across around 200 people using plastic on the first day of the show. So far, we have penalised seven people for using plastic," said Maruthi, marshal's team leader.

With number plates away, speeders out to play

Shreyashi Mukherjee
c-shreyashi.m
@timesgroup.com
TWEETS @BangaloreMIRROR

"If someone is seen driving/ riding vehicles without registration plates, first we find out why that is so
– Kuldeep Kumar, DCP West

Commuters in the city are observing an increased number of people who are driving vehicles without number plates on them. They say that these people are also speeding frequently. Jijesh RG, a commuter, said, "I was traveling to MG Road yesterday, and on the way, I saw a man driving a two-wheeler without a number plate. I had my eye on him for quite some time. Even when we were waiting in the traffic, he was trying to go through even the small spaces, and once the traffic was clear, he drove off rashly."

Another commuter, Athul P Chacko, told BM he saw a man on a scooter who did not have a number plate and was breaking traffic laws without any fear. The man reportedly proceeded to drive his scooter up on the footpath, seeing which a number of others did the same, which further congested the area.

Some commuters are of the view that such people drive without number plates to avoid paying fines. These violators are also spotted without helmets more often than not.

Kuldeep Kumar, DCP West, said, "The basic fine for not having number plates is Rs 500. However, if there is a person who is travelling without number plates, we need to ask the reason for it. If they do not have documents proving ownership of the vehicle and are unable to give proper justifications for it, we launch further investigation.

Kumar added that if the person does have documents for the vehicle, they are asked to pay a fine and warned to drive with a number plate.

Married daughters also entitled for compensation, rules High Court

The Karnataka High Court has held that married daughters are entitled for compensation by insurance companies on the loss of their parents in accidents.

The HC said the Supreme Court has held that married sons are also entitled for compensation in such cases."This Court also cannot make any discrimination whether they are married sons or married daughters and hence, the very contention that married daughters of deceased are not entitled for compensation cannot be accepted," it said.

The single judge bench of Justice HP Sandesh heard an appeal filed by an insurance company challenging the award of compensation to married daughters of one Renuka who was killed in an accident on April 12, 2012 in Hubballi. **– PTI**

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Concrete jungles speed water table depletion

With rapid concretisation, negligence of city lakes, groundwater levels are dipping

Garima Prasher
c-garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

While the excess south-west monsoon showers are filling up most of the reservoirs in and around the city and state, the groundwater table has a different story to narrate.

According to a report on groundwater levels in Bengaluru by the Ground Water Directorate Bangalore, the water table in some parts of the city has recorded a drop of more than four metres in June this year, compared to last June.

The water table in the Nelamangala area has gone down by over four metres, and in Yelahanka, it has dipped by more than two metres.

When it comes to the decadal mean, the water table has recorded a drop of four metres below the ground level in the Nelamangala and Bengaluru East region.

The underground water in Nelamangala is now available at 50-60 metres below ground level, in Bangalore east, it is reachable at 30-40 metres below ground level, and in Yelahanka, it is at 20-30 metres below the ground.

Experts say that rapid urbanisation leading to an increase in impervious surfaces, the poor state of waterbodies, and over-exploitation of groundwater are only some of the reasons behind the depleting water table.

"We have concretised all urban spaces and over-extracted water from under the ground. For instance, the Yelahanka area is bustling with construction activities. Such actions will dwindle the groundwater table in the region. It is like your bank deposit. If you will only withdraw and not deposit, the balance will gradually decrease," said Dr TV Ramachandra, Centre for Ecological Sciences, IISc.

In many regions of the city, including Bengaluru East, the water table has recorded a drop of four metres below ground level

"Yelahanka is bustling with construction activities. This will dwindle the water table. It is like your bank deposit. If you only withdraw, balance will decrease – Dr TV Ramachandra

According to Dr BC Nagaraja, Professor and Head, Department of Environment Science, Bangalore University, water depletion in the Nelamangala region can also be attributed to the increasing number of borewells for agricultural purposes.

"The number of borewells in north Bengaluru has skyrocketed in the recent past. Moreover, the Nelamangala area also has a lot of land under the eucalyptus plantation, which might be depleting groundwater faster," he explained.

However, all is not bleak. The report also states that Bengaluru East and South have registered an average rise in groundwater level of four metres.

"An improvement in the groundwater level in the eastern part of the city can be due to the rejuvenation of Varthur and Bellandur lakes. This further stresses the importance of maintaining our water bodies and desilting of lakes to enhance water recharge capability of the region," added Ramachandra.

Way forward

According to experts, rainwater harvesting recharge of the water table, desilting of lakes, and catchment management are some of the ways that can restore groundwater levels.

"We need to have multiple recharge pits at regular intervals across the city. Authorities should also consider creating mini forests in each ward and rejuvenating the lakes scientifically. Our study of an area shows that while the groundwater table in the region was at 100 to 150 feet with a waterbody around, it went down to 800 to 600 feet once the waterbody was removed," said Ramachandra.

He further said that while many lakes in the city are being rejuvenated by the BBMP, the regime is unscientific as they are only concretising the surface around the lakes and making walkways, play areas, gyms, and joggers' paths. This further prohibits the infiltration of water, he explained.

Experts also opine that indiscriminate digging of borewells should be prohibited and rainwater harvesting and recharge of groundwater should be made compulsory even in rural areas.

"The Karnataka Groundwater Act, 2011 calls for the declaration of existing borewells and tube wells and mandates registration before digging any new borewells. There are rules in place by the Central Ground Water Authority too. However, implementation of these rules is lacking. Every borewell should be registered, and the authorities should come up with strict penalties for defaulters," said Nagaraja.

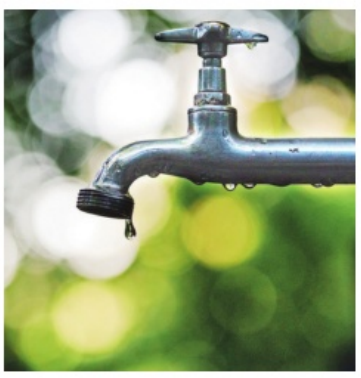
Heavy metals in borewell water

CONTINUED FROM PAGE 1

"Uranium contamination is mostly geogenic. It is a naturally occurring element found in particular geography and at a particular depth. We need to identify aquifers that are affected and immediately isolate them and stop using them for drinking water. They can be used for irrigation purposes and so on. We need to look for alternative aquifers nearby to recharge the groundwater table or for domestic purposes," said S Vishwanath, urban planner and water conservation expert.

Since multiple districts in the state recorded higher uranium concentrations in borewell water, experts are of the view the time has come to equip the district-level laboratories for testing uranium levels in groundwater.

"Only sophisticated laboratories can conduct this test. But now is the time to have these laboratories at the district level too. There are many labs set up under the Jal Jeevan Mission. Those labs should be strengthened with capabilities to test for uranium and more regular testing should be done," added Vishwanath.



Consumption of water contaminated with heavy metals may trigger various health issues such as cardiovascular disorder, renal injuries, neuronal damage and may increase the risk of diabetes and cancer.

"Uranium or any other heavy metals increase incidences of cancer and other health issues. We will end up paying the price of overexploiting the water table if we do not implement an effective watershed management programme, which is a combination of engineering and ecological solutions," added Dr Ramachandra.

The report by CGWB also stated the high uranium concentrations observed may be due to the use of phosphate fertilisers in huge quantities for agriculture purposes.

"Studies have shown that phosphate fertiliser possesses uranium concentration ranging from 1 mg/kg to 68.5mg/kg. It is also observed that most of the higher concentrations of uranium were found in the samples collected from intensive agriculture regions. To study the impact of mineralisation, it is also important to monitor the groundwater quality in the deeper aquifers in the area," read the report.

State fared well

The study placed Karnataka in the eighth position among the most affected states in the country. A total of 13,622 groundwater samples were collected from shallow wells and water sources across the country, and uranium content was analysed. Around 1.9% of the samples collected from Karnataka recorded uranium concentration above the permissible limit. This is much lower than the uranium concentration detected in Haryana (19.6 %), Punjab (24.2%), Rajasthan (7.2%), Telangana (10.1 %), Uttar Pradesh (4.4%), Andhra Pradesh (4.9 %), Tamil Nadu (1.6%), Jharkhand (1.5%) and Chhattisgarh (1.3%).

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Broken pavement

Mission Road

This footpath on Mission Road needs to be fixed.

Pothole crisis

Tatanagar

There are big potholes on 7th Main, Tatanagar, Kodigehalli (near BESCOM office).

Public dumpyard

Nagarbhavi

This area (Nagarbhavi 12th Block bridge) has become another dumpyard and public toilet.

Some code-friendly news for Metro users

QR code-based ticketing system to be rolled out from this month-end

Shreyashi Mukherjee
c-shreyashi.m@timesgroup.com
TWEETS @BangaloreMirror

The Bangalore Metro Rail Corporation (BMRCL) is planning to launch the QR code-based ticketing by the month-end, a pilot programme that will be hailed by many commuters.

People will no longer need to wait in the queue for buying their ticket. They just need to download the Namma Metro app and make the payment, after which, they will receive a QR code that they can scan at the gates of the metro station.

Anjum Parwez, Managing Director, BMRCL, said, "The QR code-based ticketing system will significantly reduce the time taken to purchase tickets. With the QR code, they no longer need to wait in lines. If everything turns out as planned, then we will make it permanent."

The people who travel by metro say that there had been several instances where they had to wait for quite some time to get their tickets. Likhita Roy, a regular metro passenger, said, "There have been times, particularly during morning hours, when I was already very late for office and on top of that I had to wait in line for the ticket for as long as 10 to 15 minutes. As a result, my journey got delayed."

No more ticketing queues at Metro stations (file image)

Passengers have also said that tendering exact change was a hassle. Shruthi Nair, another regular commuter, said, "I was going to MG Road, and I did not have any change with me and my network was not working properly so I could not use the online payment method. I thought the people at the counter would have change, but they did not. So, for a change of Rs 5, I had to wait for almost 15 minutes."

Mohith K, another commuter, said that it would help reduce the time that is taken in buying a ticket.

Free ride, this I-Day

On Independence Day, Bengalureans can ride all BMTC buses including AC and Vayu Vajra buses free of cost for the entire day.
On the occasion of 25 years of operating bus services in the city, BMTC will be opening its doors to passengers from 12 am -12 am on August 15. BMTC Director AV Surya Sen said that the exercise will be aimed at increasing ridership. "We wanted to promote public transportation and enable new users to experience BMTC services. Being a holiday, it will attract large numbers of users."
As of now, BMTC is earning 3.7 crore daily and the ridership has reached 30 lakh bus users per day. Out of its total fleet of 6,803, only 5635 buses are plying. It has 90 e-buses and will add 75 new e-buses on August 15 to its fleet. The exercise however, will cost BMTC an estimated loss of Rs 3 crore. While the services will be free, BMTC is mulling over issuing a zero-value ticket to keep track of its ridership levels for the day.
-Melvin Mathew

Winds of change blowing in K-RIDE

New MD may help speed up long-due suburban rail project, say activists

Garima Prasher
c-garima.prasher
@timesgroup.com
TWEETS @BangaloreMIRROR

The Rail Infrastructure Development Company (Karnataka) Limited (K-RIDE) has got a new chief. After Amit Garg's tenure as the MD of K-RIDE ended on July 25, Gaurav Gupta, the ex-BBMP chief, has now been brought in to serve as the new MD.

A notification issued by the state government on Wednesday said that Gupta will hold the post of managing director with immediate effect until a new MD is selected.

After Garg was shunted out, it was speculated that the much-awaited suburban rail project will be delayed and work on ground will not begin on August 15, as was promised by the PM on his recent visit.

However, commuter rail activists and suburban rail proponents are now optimistic that the appointment will ensure the project sees the light of day.

The suburban rail project has been delayed by almost two years now due to land acquisition issues.

In October 2020, the union government cleared the much-delayed project at a sanctioned cost of Rs 15,767 crore. Under this project, four corridors are supposed to be constructed at a total length of 148 km.

The centre had also asked the state government to expedite the completion of one of the corridors, KSR Bengaluru City – Devanahalli, within three years while giving six years for the rest of the three corridors. While the K-RIDE team prioritised the 25.01-km-long Baiyyappanahalli-Chikkabanavara corridor on paper, work on none of the corridors, including the expedited one, has begun so far, attracting a lot of criticism from citizen groups time and again.

In Oct 2020, the union govt sanctioned the project at Rs 15,767 cr

> **"Despite what has happened over the last 22 months, the entire K-RIDE team should work towards meeting goals now**
> –Rajkumar Dugar, a commuter rail activist

Activists hail the move. "It is great that someone who has worked for the city as the civic agency chief will head the suburban rail project. Somebody who has the context of the city and traffic congestion will appreciate the challenges that Bengalureans have to face on an everyday basis and hopefully will expedite the work," said Srinivas Alavilli, head, civic participation, Janaagraha Centre for Citizenship & Democracy.

Activists say the newly appointed in-charge should prioritise the KSR Bengaluru City – Devanahalli corridor as recommended by various authorities in the past.

"It is good that an IAS officer has been appointed along with a technocrat who is in charge of projects and planning. Despite what has happened over the last 22 months, the entire K-RIDE team should work towards meeting the goals now. However, as per the recommendation given by the Directorate of Urban Land Transport, the central government's sanction letter and public demand, the airport corridor should be taken up first," said Rajkumar Dugar, a commuter rail activist.

Activists say K-RIDE is a special vehicle that has been created as a collaboration between the centre and the state government and the newly appointed officials should look at leveraging on the existing railway lines and ensuring public participation too.

"It requires a certain ability to navigate through complexities and coordinate with different departments and players to get clearances and move the project forward in this department. While the detailed project report (DPR) of the suburban rail project is heavyweight like the metro, K-RIDE should leverage the existing railway lines and make intra-city travel more robust. They should identify the corridor that will help take off maximum number of vehicles from the road and prioritise that. Public consultations should be held so people feel at ease," added Alavilli.

Bangalore Mirror

Foundation stone laid 30 days ago; work on suburban rail: Nil

Iffath Fathima
iffathm@timesgroup.com
TWEETS @BangaloreMIRROR

It's been a month since Prime Minister Narendra Modi laid the foundation stone for the much-awaited suburban rail project, but work on it is yet to begin. Citizens are wondering what the hold-up is all about.

The project was sanctioned in October 2020 for the four corridors. Citizens pointed out that it has been 645 days since the project has been sanctioned and 30 days from the PM's commitment, civic participation, transparency and accountability of the project. "The public needs to know about the delay in the project. If there is any technical issue or funds problem of if there is no zeal for the project. Citizens ave been waiting for years and nothing has been done," he said.

"Funds are not a problem. The work will start in a fortnight -KRIDE official

BM on July 22 had reported how work on the suburban rail project was yet to start

HC nullifies ACB, cases passed to Lokayukta

A division bench of Karnataka High Court has nullified the formation of Anti-Corruption Bureau (ACB) and directed the State Government to take steps to strengthen Lokayukta. The bench also brought ACB under Lokayukta.

While the Lokayukta was a powerful institution in Karnataka where many corruption cases were unearthed, the former Siddaramaiah government had formed ACB.

Hearing a Public Interest Litigation (PIL) questioning the cancellation of police station status to Lokayukta, the bench headed by Justice B Veerappa and Justice KS Hemalekha observed that there was a need to amend the Lokayukta Act and the staff and officers have to be appointed for three years.

The bench also stated that people allegedly accused of corruption should not escape and Lokayukta police will have to conduct the investigation while nullifying the Congress government's order. The court has reinstated the police station status to the Lokayukta institution. It has directed that all cases of ACB should be handed over to Lokayukta. Chief Minister Basavaraj Bommai who was touring Mysuru, said he would discuss the issue with the Advocate General and then comment on it. -BMB

'KMF employees can be tried for corruption'

The Karnataka High Court has ruled that those under the employment of Karnataka Milk Federation (KMF) are 'public servants' and therefore can be tried under the Prevention of Corruption Act.

Justice M Nagaprasanna passed the judgement in a case where a former general manager of Nandini Milk Products (a unit of KMF) had challenged the Anti-Corruption Bureau (ACB) action against him for amassing disproportionate assets. The HC said the petitioner being a General Manager undoubtedly performs public duty and the government obligations of such public duty was transferred to the Federation. Thus, the petitioner would be a public servant according to Section 2(c) of the Act.

The case was registered against V Krishna Reddy under the Act in 2021 and is pending before the Principal District and Sessions Judge at Chikkaballapura. -PTI

Hospitals refusing covid-19 treatment will be punished

A medic administers the covid booster dose to a beneficiary under the 75-day special free vaccination drive in the city

With uptick in covid cases, committee meets to take stock; health minister advises everyone to get booster shots

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
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With an uptick in covid cases, there are reports that a few private hospitals are refusing to admit covid patients. Taking a stern view on this, Minister for Health Dr K Sudhakar said, no hospital can deny treatment for a covid patient with an excuse that they dont treat covid-19. "Every hospital must treat covid-19 patients in isolation wards. I have received many complaints that many hospitals denied treatment like this. This is not just inhumane but also illegal. If any such complaints are received, strict action will be taken under the KPME and Epidemic Act."

Sudhakar also said that not taking the booster dose even when it has been made available free for everyone amounts to negligence.

Following a meeting with Covid Technical Advisory Committee, Sudhakar said that the entire nation was seeing an uptick in the covid positivity rate and Delhi currently had a positivity rate of over 18% while in Bengaluru it was around 7-8%. "The average positivity rate of Karnataka is 7.2% at the moment. Karnataka is conducting 30,000 covid-19 tests each day and as per the guidelines of the Union Government, only the symptomatic are being tested. Even in case of primary contacts, only those who are symptomatic are being tested," said Sudhakar. He said that Corbevax has been given approval by the Centre for use as the booster dose and it would be inaugurated on Friday. He said that Corbevax can be taken as the booster dose irrespective of one has taken Covaxin or Covishield for other doses.

> **"I received complaint that many hospitals denied treatment. This is inhumane and illegal**
> –Dr Sudhakar, Health Minister

Monkeypox

Sudhakar said the TAC took a comprehensive view of the situation around monkeypox. "Till now, nine cases including five in Kerala and four in Delhi have been detected. As of now, we haven't seen a single case in Karnataka, but, surveillance and precautions are being undertaken at the border districts. Hospitals have been prepped with all the necessities," he said.

Increase in dengue

According to Sudhakar, malaria cases had decreased from 419 in 2021 to 116 in 2022. However dengue had increased from 1266 in 2021 to 4405 in 2022. Similarly Chikungunya increased from 454 to 978, H1N1 saw a massive increase from 3 to 345.

Mask mandatory, no penalty yet

With the surge in covid cases in Bengaluru and other cities across the state, the State Health Department is contemplating to use social media to create awareness among the public on the importance of wearing face masks at public places. "Wearing face mask in public places continues to be mandatory in the city. Wearing a mask is a must to prevent the spread of covid. We have already directed the malls and business establishments to advise people to wear face masks," said State Health and Family Welfare Commissioner Randeep D.

He said the state government has cancelled the proposal to penalise people for not wearing a face mask. The Bruhat Bengaluru Mahanagara Palike (BBMP) Health Department has also tried to make people wear face masks. "We have been creating awareness through marshals among the public at crowded places on the importance of masks. We have also made arrangements to conduct tests for corona," said BBMP Special Commissioner (Health) Dr KV Trilok Chandra. Bengaluru reported 1,058 corona cases on August 10, 1,098 cases on August 9, and 655 cases on August 8 and 1,137 cases on August 7. Bellandur and Dodda Nekkundi continue to be in the first and second positions in the list of wards reported for corona cases.

BBMP Chief Marshal Col Rajbeer Singh said that BBMP marshals have been creating awareness among the public at crowded places like KR Market, Russell Market and malls. "Our marshals are not collecting penalty from people for not wearing masks as the government withdrew the order to collect penalties," said Col Rajbeer Singh.

> **State Health Dept, BBMP actively spreading awareness about the importance of wearing face masks to prevent spread of covid**

The BBMP marshals have penalised 2,86,129 people for not wearing face masks and collected Rs 6,67,83,752 in 2020. They penalised 3,18,322 people and collected Rs 7,93,40,700 as penalty in 2021. The number of people penalised has come down in 2022 at 45,437 and the penalty amount at Rs 1,13,60,929. The number of people penalised for not maintaining social distance was 7,787 people and the amount was Rs 19,47,964 in 2021, and 774 people and Rs 1,93,517 in 2022.

—Y Maheswara Reddy

Monsoon blues: Spike in paediatric consultations

Digital healthcare platform survey reveals 44% queries about kids' illnesses

Iffath Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

A survey carried out by a digital healthcare platform revealed that with the onset of monsoon, the number of paediatric consultations has increased. In Bengaluru alone, 44% of the queries were related to paediatric consultations.

On the MediBuddy digital healthcare platform, over 73% queries were related to paediatric consultations.

Statistical insights from the platform revealed that 52.43% queries reported on the platform were of fever, acute illnesses such as cold, respiratory issues, digestion problems, diarrhea, UTI, and rash-related problems, most of these being common in young children in monsoons.

Over 10.3% parents reached out for a second opinion for their child's health, 34.78% queries revolved around lactation and feeding for newborns while 2.49% parents consulted specialists on vaccination advice for their kids.

In Bengaluru, an increase of 44.6% in queries related to paediatric consultations were reported.

Dr. Harish Kumar, Consultant - Paediatrics & Paediatric Intensive Care, Aster CMI Hospital, said the hospital was witnessing a spike in OPD consultation. "On a daily basis, we are seeing more than 100 patients coming with various infections. Of this, 40 to 50% are viral respiratory infections, dengue consists of 10%, 15 to 20% with viral infections and the rest other infections."

Private practitioner Dr Robert said that as schools have opened up, children are coming in close contact with other kids and so many are catching the flu. "There are around 20-30 paediatric consultation in a single day. Parents are advised to keep the children at home until recovery as the infection could even spread to other kids," he said.

> **Over 10.3% parents wanted a second opinion on their child's health, 34.78% queries revolved around lactation and feeding for newborns**

Satish Kannan, co-founder & CEO at MediBuddy said, that ailments related to monsoon must be identified and treated with utmost urgency.

Delicate, but powerful

Edelweiss flowers are among the beauty industry's best kept anti-aging secrets

Every day our skin is exposed to millions of dust, dirt, and pollution particles, not to mention the impurities we transfer onto our face when we touch it. But these aren't exclusive to the outdoors; they exist within our homes as well. Even the gases and particulate matter from cooking oil and air fresheners can settle onto our skin. Such constant exposure to external aggressors can take a heavy toll on our skin, clogging our pores and making our skin dull, dry, and aged, especially for city dwellers.

But we all want radiant, supple, hydrated, and youthful skin, right? How can we achieve it? While most of us go above and beyond the basics when it comes to taking care of our skin, certain ingredients can work wonders. One such ingredient is Edelweiss.

For those who have watched 'The Sound of Music', the name Edelweiss, derived from German (Edel, meaning noble, and Weiss, meaning white), would ring a bell. But there's a lot more to this small, seemingly delicate flower. Before we delve into why it's invaluable in the beauty industry, let's learn more about this gem from Plabita Sharma, Head of Training and Customer Experience, The Body Shop India.

Flower power

A small, beautiful, white star-shaped flower, Edelweiss grows in Alpine environments at altitudes as high as 1,500-3,000 metres above sea level. For a plant of its size, the Edelweiss is incredibly resilient and stands strongly rooted in limestone-rich areas despite extreme environmental and climate conditions like strong winds, frost, and volatile temperatures. It is by no means a new discovery by mankind. The Edelweiss has existed for centuries and has been used widely in traditional medicine for abdominal and respiratory ailments. In several folk customs, presenting this flower to a loved one symbolizes dedication. Packed with goodness, the Edelweiss is just as powerful when it comes to skincare.

Your skin's best friend

The Edelweiss flower is the perfect example of the adage 'You don't need to be big to be strong'. With its excellent ability to protect itself from the sun's harmful UV rays, antioxidant, and antimicrobial properties, it's no wonder that it's the beauty industry's best-kept secret.

The flower produces its own antioxidant and DNA-protecting agent called leontopodic acid that allows it to protect itself from harsh environmental conditions and thrive in the rugged mountainside. With greater antioxidants than alpha-tocopherol, a form of Vitamin E present in green, leafy vegetables and nuts, the Edelweiss protects the skin's barrier from pollutants and helps delay aging, and prevents wrinkles.

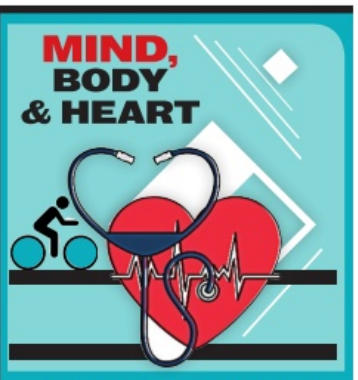
Furthermore, given the kind of pollution we face every day, our skin can become prone to bacterial infections, irritation, and allergies. Edelweiss extract can protect your skin from such infections, thanks to its strong antibacterial properties that can avoid skin inflammation, infections, and allergies. And since the flower can protect itself from the harsh rays of the sun, as mentioned before, the same extends to our skin as well.

Apart from protecting the skin from environmental aggressors, this little wonder flower replenishes it with the required elements like collagen and moisture, leaving it supple and hydrated. Edelweiss also restores blood flow, which is critical to the skin's health. The remarkable properties of the plant penetrate through the skin to moisturize even the deepest layers, giving your skin a unique glow.

A brief guide on usage

Given the conditions it grows in, Edelweiss is a plant that is not easy to harvest. Brands that harvest the flower and use its precious extracts to enhance their products need to do so responsibly and with immense care. It's best to opt for brands that source the plant ethically and sustainably to protect your skin and the planet. Creams, serums, and oils infused with Edelweiss extracts can be a part of your daily skincare routine, and regular usage is bound to help you see the results – supple, hydrated, youthful, and radiant skin.

—IANSlife



All problems solved

Dear Coleen

My wife and I are really good friends with another couple who we met through our daughter's school. We often go to restaurants with them and we also get together with our kids.
My dilemma is, I really fancy the woman, but it's not just physical.
I love her personality - I love everything about her. It's getting to the point where I'm finding it hard to be in her company because I get the urge to tell her how I feel, and I'm starting to worry our partners will pick up on it. Lately, I've even been going to places she goes to with her kids and using my daughter as a 'wing man' in the hope I might bump into her.
The weird thing is, my marriage is actually fine. I love my wife and still find her very attractive, but I can't get this woman out of my mind. Please tell me what I should do.

COLEEN SAYS

We're all attracted to other people – we wouldn't be human if we weren't – but the crucial thing is what you decide to do about it. It's also natural to get bored in long-term relationships. But try really hard to think about the potential outcome of this and how hurt your wife would be if she read all these things you've written about another woman. Even knowing how you feel about this woman is shattering for her self-esteem and could end your marriage. Fantasies are usually never as good in reality. The chances of this woman actually leaving her marriage to be with you are pretty slim.

I think it would be a good idea to step back from your friendship with this couple. If you give yourself the chance to reconnect with your wife emotionally and sexually you might find you feel differently when you see this woman again.You might even feel surprised you had such strong feelings for her.

Bring the fun and excitement back to your marriage.

–Coleen Nolan, Daily mirror

MIRRORLIGHTS

Daily multivitamins: Not as useful as you think

Are you among those who gulps down a multivitamin every morning, probably with a sip of water? It may be of no use, finds a study.

While multivitamins aren't helpful, at least they're not harmful. But the money people spend on them could be better spent on purchasing healthy foods, according to Dr Pieter Cohen, an associate professor of medicine at Harvard Medical School.

Researchers analysed 84 studies involving nearly 700,000 people. Their review, published in JAMA, found little or no evidence that taking vitamin and mineral supplements helps prevent cancer and cardiovascular disease that can lead to heart attacks and stroke, nor do they help prevent an early death.

"Most people would be better off just drinking a full glass of water and skipping the vitamin," said Cohen, an expert in dietary supplement research and regulation.

"We have good evidence that for the vast majority of people, taking multivitamins won't help you," he added.

There are some exceptions, however.

Highly restrictive diets and gastrointestinal conditions, or certain weight-loss surgeries that cause poor nutrient absorption, are examples of reasons why a multivitamin or individual vitamins might be recommended.

A daily vitamin D supplement may be necessary when a person gets insufficient sun exposure. Your doctor may recommend an iron supplement if you have a low red blood cell count (anaemia).

Surveys suggest people take vitamins to stay healthy, feel more energetic, or gain peace of mind. These beliefs stem from a powerful narrative about vitamins being healthy and natural that dates back nearly a century.

—IANS

Unique touch to Grand Prix badminton

League kicks off today; special features of the event are round-robin format and golden point

A unique format inaugural Grand Prix Badminton League will commence at the Karnataka Badminton Association hall here from Friday, with the final billed for August 21.

The League will be played in a round-robin format until the top four teams qualify for a double elimination stage. Each encounter will consist of five matches - men's singles, women's singles, mixed doubles, men's doubles and a 'Super Match' format where players can tag in teammates into the match at intervals of seven points. In this format, the match begins with two singles players for the first seven points, transforms into a doubles match for the next seven points and becomes triples for the last seven points. The first team to score 21 points wins the tie.

Each match would be best of three sets and 15 points (sudden death) except the Super Match which will be only one set.

Another feature is the 'golden point' which would be worth two points. If the server wins the point after announcing it to the opponent before serving, he/she stands to gain two points. In case the player loses the point, the opponent will get two points. The golden point has to be mandatorily used in every game by both the players and can be taken at any stage of the game.

Bandipur Tuskers, mentored by former National champion Jwala Gutta, will lock horns with Mandya Bulls, guided by Sai Praneeth in the opening tie on Friday

A 'Trump Match' to be decided by the respective teams will have to be announced before the beginning of any match in the tie. The team would receive two points for a win and get a negative point for losing.

> **"I believe that all the teams are evenly balanced. It all depends on the performance of these players on that particular day**
>
> –Prashanth Reddy, GPBL

Bandipur Tuskers, mentored by former National champion and World Championship bronze medallist Jwala Gutta, will lock horns with Mandya Bulls, guided by Sai Praneeth in the opening tie while Kodagu Tigers take on Mangalore Sharks on the opening day. The event which will see two matches being played on each of the days in the league stage.

"I believe that all the teams are evenly balanced with the team owners choosing the best available talent. It all depends on the performance of these players on that particular day," said Prashanth Reddy, League Commissioner, GPBL.

The teams will be mentored by their respective superstars. Malnad Falcons will be mentored by Chirag Shetty while Mysore Panthers will be guided by Satwik Rankireddy. The Kodava Tigers will be guided by Ashwini Ponnappa while the Mandya Bulls will have the support of Sai Praneeth. KGF Wolves will be mentored by H. S. Prannoy while the Mangalore Sharks will have Srikanth Kidambi as their ambassador and the Bengaluru Lions will be tutored by P. V. Sindhu.

The GPBL will be telecast live on Eurosport and its OTT platform Discovery+. The first match begins at 3 pm while the second match will begin at 6 pm every day except the semifinals and finals. The event will be ticketed with the price ranging from Rs 300 a day to Rs 1,500 for daily passes while the season passes at Rs 2,500 to Rs 10,000. **–SS Shreekumar**

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I, Venkatesh Marappa residing at 977,16th B Cross, 2nd Stage, Yelahanka new town Upanagara B'lore -560064 have changed my name to Venkatesh Singarahalli Marappa vide affidavit dated 11.8.2022 sworn before notary V Anjanappa Bangalore

I Irshad Khan W/O, Syed Anwar R/o No 19/92 Shrap Munishamappa Layout, Old Madras Road, Hosakote Town, Bangalore Rural - 562114 have changed my name to Irshad Khanam for all purposes.

LOST & FOUND

THIS is to notify that I, Mr.Vinod Kumar lost my Partition Deed, Document No: BNS-1-07870/2017-18 CD No:BNSD625 If found please contact @ 9110478896.

Of transformer malfunction

CONTINUED FROM PAGE 1

in the number of unauthorised connections and overloading, some transformers cannot withstand higher temperatures, especially during summer," a BESCOM official told BM.

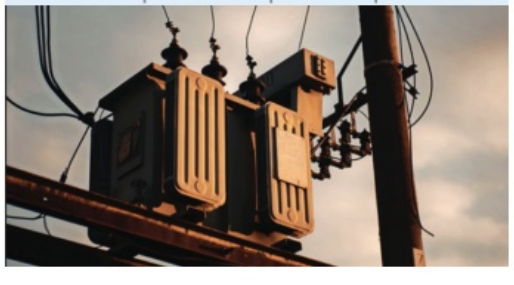
In June, the highest transformer failures were reported in Tumkur district in localities like Kunigal, Tumakuru, Tiptur and Madhugiri with 920 incidents. Over 688 failed transformers were reported in Chitradurga, 346 in Kolar, 492 in Chikkaballapur and 530 in Davanagere. Bengaluru Rural reported 386 and Bengaluru Urban saw 299 faulty transformers.

"Regular monitoring is carried out in many localities. As and when a problem arises, it is rectified immediately by the engineers. At times, to carry out maintenance, there has to be power cuts. As many residents complain, we cannot carry out the work. However, in urban areas, the failures are limited," the official added.

Officials pointed out that there are 46 transformer repair centres established in BESCOM jurisdiction at the taluk level to repair failed distribution transformers (DTR). "Faulty transformers are replaced within 24 hours, ensuring quality power supply. Buffer stocks of repaired good transformers are kept in the 25 divisional stores and 49 transformers banks," the official added.

Figure this out

Financial year	Existing	Failure	Failure %
2019-20	3,81,103	30,751	8.07
2020-21	4,25,897	32,034	7.52
2021-22	4,55,604	35,987	7.90
2022-23 (June 2022)	4,62,257	3,906	2.41



This is it– Hollywood legend Steve Martin has announced his retirement. The actor says he will retire when 'Only Murders in the Building' ends. "When this TV show is done, I'm not going to seek others. This is, weirdly, it," Martin said.

LIKE AN ALTER EGO

Chay reveals more about his foray into Hindi films

Much like his superstar father Nagarjuna, actor Naga Chaitanya wants to use the Hindi film space to take risks with characters which he believes would probably "backfire" if ever attempted in Telugu cinema.

Nagarjuna was already a star in the Telugu industry when he forayed into Hindi films in 1990 with "Shiva" and followed it up with character roles in "Khuda Gawah", "Criminal" and "Mr Bechara", among others.

Chaitanya said the only advice his father gave him when he decided to enter the Hindi film industry with Aamir Khan's "Laal Singh Chaddha" was -- "Go do the characters you've always dreamt of doing as an actor". "My father's journey in the Hindi market has been organic. I remember he always told me he never really planned it. It was always the Telugu films where his heart was. But in the Telugu industry we sort of have an image or there is a basic expectation from us. When we do Hindi films, the audience here has a neutral approach, so there is opportunity.

"He gave me the same advice, 'Go do the characters you've always dreamt of doing as an actor. It doesn't have to be the main lead. As long as your character has an essence throughout the film and you take the step forward in some way, use that as an opportunity and explore yourself more'," the 35-year-old actor told PTI in an interview.

Chaitanya said he is proud of his family legacy, which boasts of some of the biggest names of the Telugu film industry. "I'm very fortunate to have that legacy, which comes with a lot of responsibility and also a lot of advantages that I'm very aware of when I do a film in the south."

But being able to present himself in a completely new "texture" without any expectations is also something he craves for, the actor said.

"A lot of what I did in 'Laal Singh...' in Hindi, I cannot do in a Telugu film. I don't know how it will be accepted. It might backfire. It's definitely like an alter ego playing in the Hindi market. I feel I'm still not completely known to everyone and I'd like to use it to my advantage," he added.

—PTI

Jacqueline at her happy place

Actress Jacqueline Fernandez, who is quite active on social media, turned a year older on Thursday. This year, the actress chose to keep it low-key and celebrate her special day at an animal shelter. She took to Instagram and shared a video with her fans.

In the video, the birthday girl is seen spending time with a cow. Jacqueline looks simply beautiful in a lavender kurta paired with white palazzo pants. The actress ditched heavy make-up and instead opted for a no-makeup look.

Sharing the video with her fans, Jacqueline wrote, "Happiest place to be at on my birthday so blessed to see another year, and cheers to the happiest moments now and forever! Thank you to everyone who is a part of my journey."

IN IMAX AT

PVR CINEMAS {Forum Mall, Koramangala, 8:35, 12:00, 3:25, 6:50, 10:15 p.m. | VR Mall, 8:50, 12:15, 3:40, 7:05, 10:30 p.m. | Vega City, 8:50, 12:15, 3:40, 7:05, 10:30 p.m.} | INOX {Mantri Square Mall, Malleshwaram, 9:20, 12:20, 3:40, 7:05, 10:30 p.m. | RMZ Galleria Mall, Yelahanka, 9:00, 12:15, 3:40, 7:05, 10:30 p.m.} | CINEPOLIS {Shanthiniketan, 8:45, 12:10, 3:35, 7:00, 10:30 p.m.}.

PVR CINEMAS {Phoenix Market City, 10:10, 11:00, 11:50, 1:10, 2:25, 3:15, 4:05, 5:50, 6:40, 7:05, 9:15, 10:05, 10:30 p.m. | Forum Mall, 9:40, 10:25, 11:00, 11:30, 2:25, 2:55, 3:35, 4:20, 6:20, 9:15, 9:30 p.m., IN DOLBY ATMOS:- 1:10, 7:05, 10:30 p.m. | Orion Mall, 8:35, 9:40, 10:10, 12:00, 12:40, 3:25, 3:35, 4:05, 6:50, 9:30, 10:15 p.m., IN DOLBY ATMOS:- 11:00, 1:10, 2:25, 5:50, 7:05, 9:15, 10:30 p.m. | Orion Uptown Mall, 8:50, 12:15, 3:00, 3:40, 7:05, 10:00, 10:30 p.m. | MSR Regalia Mall, 8:50, 10:00, 11:00, 12:15, 12:55, 2:25, 3:40, 3:55, 5:50, 6:50, 7:05, 9:15, 10:15, 10:30 p.m. | Spirit Mall, 8:50, 12:15, 2:30, 3:10, 3:40, 7:05, 9:45, 10:30 p.m. | VR Mall, 10:10, 10:30, 11:00, 12:25, 12:55, 1:55, 2:25, 4:05, 6:20, 6:50, 8:40, 9:00, 9:45, 10:15 p.m., IN DOLBY ATMOS:- 9:25 a.m., 3:20 p.m. | Vaishnavi Saphire Mall, 8:50, 9:00, 9:55, 11:45, 12:15, 12:40, 3:40, 3:50, 6:35, 7:05, 9:30, 10:00, 10:15, 10:30 p.m. | Superplex Vegacity Mall, 8:50, 9:55, 11:00, 12:15, 3:40, 3:50, 5:35, 7:05, 9:00, 10:30 p.m., IN DOLBY ATMOS:- 12:30, 2:40, 6:25, 9:15, 9:50 p.m. | The Cinema GT Mall, IN DOLBY ATMOS:- 8:50, 11:00, 12:15, 2:25, 3:40, 5:50, 7:05, 9:15, 10:10, 10:30 p.m. | The Aura, Whitefield, IN DOLBY ATMOS:- 8:50, 12:15, 3:25, 3:40, 7:05, 10:00, 10:30 p.m.} | INOX {Garuda Mall, 9:10, 10:30, 11:15, 12:00, 12:30, 2:10, 3:25, 5:35, 6:15, 9:00, 9:35, 10:15 p.m. | Swagath Mall, 9:20, 10:30, 1:10, 3:45, 4:25, 7:05, 10:30 p.m. | Central Mall, 9:05, 10:00, 12:40, 2:10, 4:05, 5:35, 6:25, 9:00, 10:00 p.m. | Lido, 9:00, 10:00, 11:15, 12:15, 1:20, 2:40, 3:40, 6:05, 7:05, 9:30, 10:30 p.m. | Forum Value Mall, 9:05, 12:05, 12:45, 2:55, 3:30, 6:25, 6:55, 9:30, 9:50, 10:20 p.m. | Mantri Mall, 10:30, 12:20, 1:55, 5:20, 6:05, 9:00, 9:30 p.m. | Brookefield Mall, 9:00, 10:40, 12:50, 4:35, 6:45, 9:30, 10:30 p.m. | SBR Horizon, Seegehalli, 9:35, 10:30, 11:15, 1:10, 2:40, 3:20, 4:25, 6:05, 7:05, 9:30, 10:20 p.m. | Garuda, Yelahanka, 9:15, 12:05, 2:10, 3:30, 5:35, 6:55, 9:00, 10:20 p.m. | Galleria Mall, RMZ Yelahanka, 11:15, 2:40, 6:05, 9:30 p.m.} | CINEPOLIS {Royal Meenakshi Mall, 10:00, 11:00, 12:15, 12:40, 2:25, 3:55, 4:05, 5:00, 5:50, 6:10, 9:15, 9:50 p.m. | ETA Mall, Binny Mill, 8:45, 10:00, 11:00, 12:10, 1:30, 2:25, 3:35, 3:50, 5:00, 5:50, 7:00, 8:30, 9:15, 9:40, 10:25 p.m. | East Orion Mall, 8:45, 11:00, 12:10, 1:00, 2:25, 3:35, 5:50, 7:00, 9:15, 10:25 p.m. | Shantiniketan, 9:35, 10:30, 2:00, 3:25, 3:35, 5:30, 9:00, 9:35, 10:05 p.m. | SJR Spectrum Mall, 8:45, 9:30, 10:10, 12:10, 3:35, 4:05, 5:55, 6:35, 7:00, 9:20, 10:25 p.m. | Sigma Mall, 9:30, 10:00, 1:00, 3:55, 6:55, 9:15, 9:50 p.m.} | GOPALAN {Innovation Mall, 3:15, 6:30, 9:45 p.m. | Arch Mall, 1:15, 6:30 p.m. | Signature Mall, 1:15, 6:30, 10:00 p.m. | Grand Mall, 10:15, 4:30, 9:45 p.m. | Legacy Mall, 10:00, 12:00, 3:15, 6:30, 9:45 p.m.} | INNOVATIVE MULTIPLEX {Marathahalli, 10:15, 1:00, 4:00, 6:30, 9:45 p.m.} | ROCKLINE CINEMAS {Peenya, 10:45, 1:15, 4:00, 6:30, 10:00 p.m.} | SWAGATH SHANKARNAG {MG Road, 10:45, 4:00, 7:10, 10:20 p.m.} | PRASANNA {Magadi Road, 10:30, 1:30, 4:30, 7:30, 10:30 p.m.} | RENUKA PRASANNA {Bangalore} | URVASHI {Lalbhag Road, 10:30, 2:15, 6:00, 9:45 p.m.} | HMT {Jalahalli, 10:15, 1:15, 4:15, 7:15 p.m.} | NAVRANG {Rajaji Nagar, 10:00, 1:00, 4:00, 7:00, 10:15 p.m.} | VICTORY {Kakshipalya, 9:00, 12:15, 7:00, 10:30 p.m.} | ABHINAY {Gandhi Nagar, 10:00, 1:00, 4:00, 7:00, 10:00 p.m.} | SANTHOSH {RPC Layout} | KINO CINEMAS {Seegehalli Road, 9:15, 12, 3:45, 7:00, 10:15 p.m.} | VINAYAKA {DG Halli} | BALAJI {Chikhalsandra} | JAYALAKSHMI {Mandya} | BHARATH CINEMAS {Mangalore, 10:15, 1:15, 4:15, 7:15, 10:15 p.m. | Manipal, 10:00, 1:15, 4:15, 7:30, 10:30 p.m. | Shivamoga, 10:00, 1:00, 4:00, 7:00, 10:00 p.m. | Kundapura, 10:15, 1:15, 4:15, 7:00, 9:45 p.m.} | DRC CINEMAS {Mysore, 10:30, 1:00, 4:05, 6:45, 9:45 p.m.} | VISION CINEMAS {Myosre, 10:20, 1:00, 6:15, 9:15 p.m.} | THIBHADEVI {Mysore} | BALAJI DELUX {Mysore} | LIDO {Mysore} | CINEPOLIS {City Centre Mall, Mangalore, 9:40, 10:00, 11:00, 12:50, 3:55, 6:45, 8:00, 9:50 p.m.} | PVR CINEMAS {Fiza Mall, Mangalore, 10:25, 11:00, 12:00, 1:10, 2:25, 4:20, 5:50, 6:50, 7:05, 9:15, 10:30 p.m. | Forum Mall, Mysore, 8:50, 9:30, 10:00, 12:15, 12:55, 3:25, 3:40, 3:55, 6:50, 7:05, 9:20, 10:15, 10:30 p.m. | Garuda Mall, Mysore, 8:50, 11:00, 12:15, 2:25, 3:40, 5:50, 7:05, 10:30 p.m.} | INOX {Central, Manipal, 9:00, 10:40, 1:00, 4:35, 6:55, 9:20, 10:20 p.m. | Satyam Mall, Mysore, 9:20, 11:25, 12:30, 2:50, 3:50, 7:10, 9:30, 10:30 p.m. | S Mall, Tumkur, 9:05, 10:30, 12:25, 1:10, 3:15, 4:25, 6:10, 6:40, 7:05, 9:30, 10:20 p.m.} | KRISHNA {Tumkur, 10:30 a.m., 1:30 p.m.} | JAI BHARATH {Tumkur} | CINE GALAXY {Suratkal, 11:45, 3:00, 6:00, 9:00 p.m.} | LAKSHMI {Hospete} | RAGHAVENDRA {Bellary, 10:30, 1:30, 4:30, 7:30 p.m.} | TRISHUL {Davanagere, 11:00, 2:00, 6:00, 9:00 p.m.} | MOVIETIME {Davanagere, 9:15, 2:30, 7:45 p.m.} | PRASANNA {Chitradurga} | PRABHAT {Kolar} | NATRAJA {Mulabagalu} | SHANKAR {Ramnagar} | ADARSHA {Chinthamani} | SRI GURU THEATRE {Hassan} | DIANA THEATRE {Udupi} | PRITHVI {Nagavara, 10:00, 1:00, 4:00, 7:00, 10:00 p.m.}.

farnazfever

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Different Dhumm

It may have the same title as a Sudeep-starred Kannada movie, released more than two decades ago, but the latest Dhumm is bilingual – Kannada and Tamil – and is directed by VRR known as V Rishiraj in the Tamil and Telugu film industry.

Sreejith, who acted in Kannada film Rangibirangi in 2018 and Tamil movie Sembatti in 2012, is playing the lead in Dhumm while Ereen Adhikari is the female lead. "I am from West Bengal. I have already acted in Bengali, Telugu and Hindi movies. Dhumm is my debut in Kannada. I am grateful to the director for giving me this opportunity," said Ereen.

About the specialities of Director VRR said that one of the stunts directed by Violent Velu would be the highlight of this movie. "It is the fight involved by transgender characters in this movie. I am planning to release this movie shortly in Tamil and Kannada. By making a Kannada movie, I have fulfilled my mother's dream of directing a Kannada movie. She is from Mysore. I am very happy," said VRR.

Srijith, Ereen Adhikari, Sayaji Shinde, Ravi Kale, Nageswara Rao, Guru Chandran are the important star cast in this movie.

About a boy: The story of Mithya

Artiste-cum-producer Rakshit Shetty is busy with the post production work of Mithya, a film produced under the banner of Rakshit Shetty's Paramvah Pictures. Mithya is about an 11-year-old boy who has to come to Udupi from Mumbai after his parents passed away. Software engineer-cum-filmmaker Sumanth Bhat has handled the megaphone for this movie.

"It is the story of a boy who is compelled to come to Udupi to stay with his grandparents. The movie is about the problems of children who lost their parents.

A real-life incident inspired me to write the script for this movie. Child artiste Athish S Shetty plays Mithun in this movie. His acting is superb," says Bhat.

Bhat has been part of the writing team of Paramvah.

Actor Athish S Shetty plays the lead role, while Prakash Thuminad, and Roopa Varkady are the other important stars in this film.

Dheeren Ramkumar takes centrestage

Dheeren Ramkumar, another grandson of Kannada matinee idol Dr. Rajkumar, is making his debut in Sandalwood with Shiva 143, an action-thriller. Shooting for Shiva 143, a remake of Telugu film RX 100, began in 2020 and was completed in the year but it's release got postponed due to the pandemic. It is scheduled to release on August 26.

Elaborating on the preparations, Dheeren said director Anil Kumar conducted a three-month workshop for him and other artistes. "The workshop was a great help. I discussed the script with my uncles – Shivarajkumar and Raghavendra Rajkumar – and my parents – Ramkumar and Poornima – before agreeing to take it up," said Dheeren.

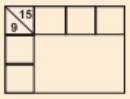
He said that he merely followed director Anil Kumar's direction during the shooting. "I am a director's artiste. My duty is to deliver what the director wanted," he said.

SOLVE IT IN A MINUTE

Mary loves small cherry tomatoes and can eat 32 of them in one hour. Her brother Tom takes three hours to eat the same amount. How long does it take Mary and Tom together to eat forty small cherry tomatoes?

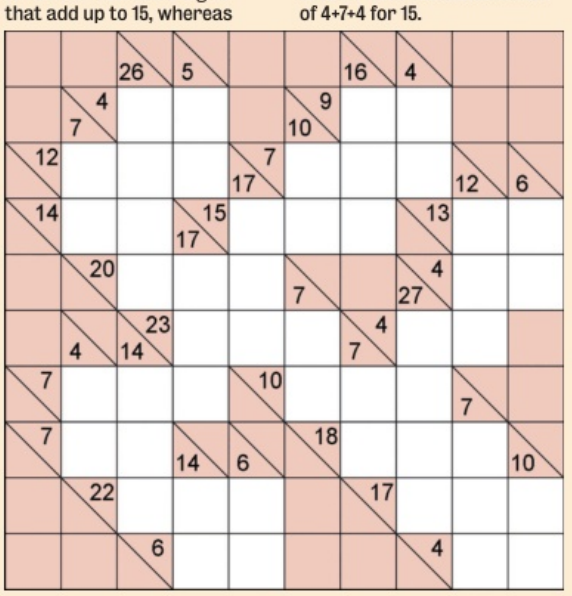
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

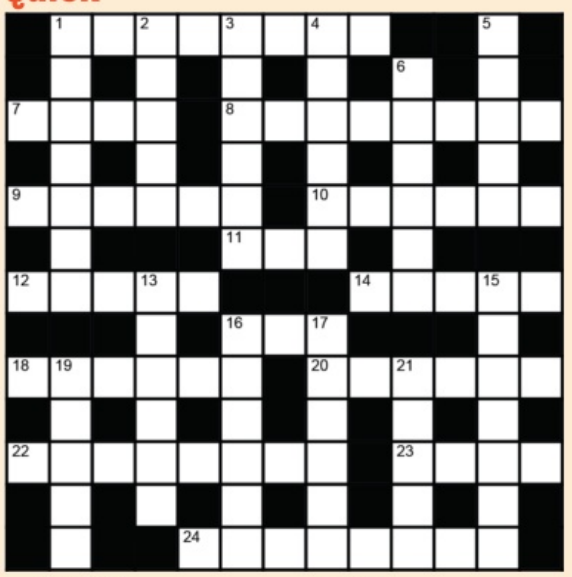


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 It's a __ - ___ : it's an easy task? (4-4)
7 Rabbit's brother - in the comic strips? (4)
8 Teutonic (8)
9 Dickens' ___ Twist (6)
10 Periods of darkness (6)
11 A woodwind instrument in short (3)
12 Female cat (5)
14 Operatic airs (5)
16 Hindu Undivided family (3)
18 ___ Red Herrings : Jeffrey Archer's collection of short stories? (6)
20 Florid style of architecture (6)
22 Precious, expensive or costly (8)
23 Mountain range (4)
24 Sensitive (8)

DOWN

1 Flower petals, collectively (7)
2 Ballet company (5)
3 Bets (6)
4 Voice box (6)
5 Tarnish (5)
6 Sausage (6)
13 Be quiet, slang usage? (4,2)
15 Antiquated (7)
16 This lake can be found along the junction of Bellary Road and the Outer Ring Road (6)
17 Decorative band (6)
19 Ship's loading platform (5)
21 ___ to : adhered closely to ? (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS U

NTIIBRLAA BA ZNLR ZNTV FKG VNBRH, ZNTV FKG ATF, TRX ZNTV FKG XK TWL BR NTWSKRF.

Linemaro

I am a photographer and I have been looking for a face like yours

Mindchow

A philosopher has a problem for every solution

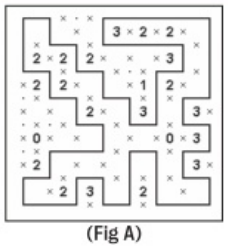
Joke of the day

ANTIQUE: An item your grandparents bought, your parents got rid of, and you're buying again

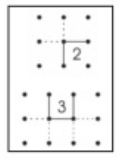
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

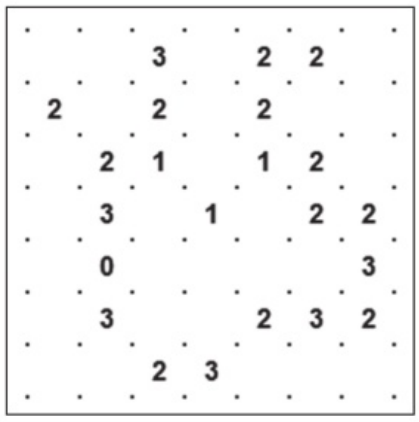


(Fig B) Not Allowed

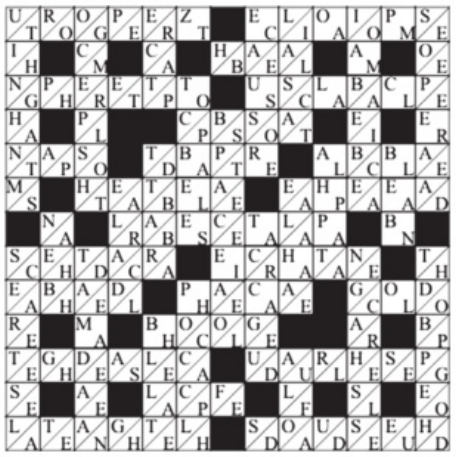
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6		M		
7				
8				
9				

ACROSS

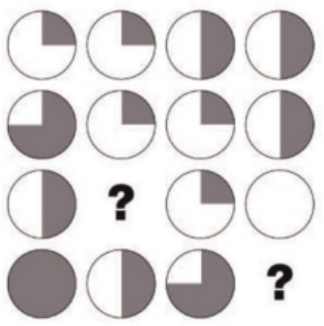
1 CD ass; 6 Comae;
7 Lou in; 8 Ousel;
9 Sperm

DOWN

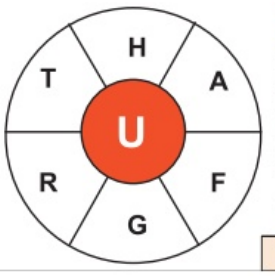
1 L cups; 2 Ocean;
3 Ma our; 4 Dimes;
5 Loses

Mensapuzzle

Which shapes are missing?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

		8				7	2	
6					5			
5			1	8		4		
	9		5	4				7
		7				6		
3				2	7		5	
		1		3	9			8
			7					6
	3	6				9		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 9
1 1 2 7

Medium = 7
3 4 7 7

Hard = 6
2 4 4 4

Hocusfocus

Find at least six differences in details between panels.

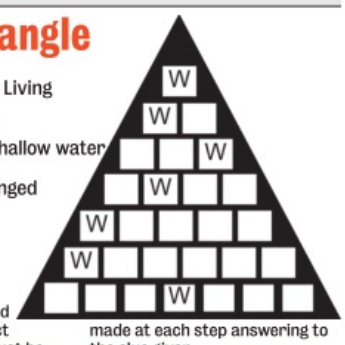
Differences: 1. Thermometer is missing. 2. Apron bow is different. 3. Cap is missing from bottle. 4. Headboard is taller. 5. Fingers are moved. 6. Leaf is missing from flower.

Riddler

Which former British PM might get ANNOYED THEN?

Alpha triangle

1 Compass point
2 Ayn Rand's _ The Living
3 Honey melon
4 Really impressed
5 Walked through shallow water
6 Act like a duck
7 Spoke with prolonged Vowel sounds



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Z
HEY, FELLER! YOU'RE GOING TO FALL AND GET HURT!
WHAT'S WITH YOU?! DON'T YOU KNOW HORSES ALWAYS SLEEP STANDING UP?
WAKE UP, JUDY. YOU WANT TO HEAR SOMETHING WEIRD?
5-30

Bizarrotrip

Wayno & 3 PIERO. 6-9-22
Don't like your roommate chores? You should have named yourself Vacuum Man or Grocery Man.
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Diamond Lil

Hart of the city

I WONDER IF THIS SCOOTER WORKS LIKE A SKATEBOARD.
MMM... IT DOES HAVE THE SAME AMOUNT OF WHEELS.
LET'S FIND OUT.
WATCH OUT HEART!!
CRASH
IT IS NOT LIKE A SKATEBOARD.

Crankshaft

I WAS THINKING THAT MAYBE THE THREE OF US SHOULD START AN INVESTMENT CLUB!
THE STOCK MARKET HAS NEVER BEEN HIGHER!
SOUNDS LIKE THE PERFECT TIME TO JUMP IN!
6-6

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be busy on the work front. With the help of elders, you are likely to implement some new innovations at work. You may be ethical and follow rules in your dealing with people around you, which will give you inner peace and strength.

Taurus Apr 21 – May 20
Today you may be satisfied with your responsibilities at work. You may plan for a short work-related trip. You may also visit some spiritual place to maintain your inner peace and positivity. Your elders may show you the right path, which can give you clarity regarding your goals.

Gemini May 21 – Jun 21
Today you may feel dull. It is advised to keep your mind cool. The golden rule for you is to think twice before any act. You may travel to recover your money. You are also advised to avoid adventure tours. Students are advised to go for in-depth study to get success. You may also be attracted to the occult.

Cancer Jun 22 – July 23
Today you may feel good. Family harmony can make you happy. You can meet some influential people to get benefits on the work front. You are likely to perform well at your job. You may expect some rewards in terms of promotions. Disputes over inherited property may settle down.

Leo Jul 24 – Aug 23
Today you may find yourself in self-analysis, which will bring some confidence in you. Your focus towards your goals is now clear. You may get success in terms of achieving your goals. Your creativity might improve and you will take interest in artefacts, movies, glamour, and real-life objects. At the end of the day, you may be satisfied with your life. Your opponents may be under control now.

Virgo Aug 24 – Sep 23
Today you may have mixed situations around you. It is advised to not expect more from anyone around you as it could make you disappointed. Today you are in a state of self-exploration and self-analysis, which will allow you to filter yourself. After the filtration process, you may feel confident and able to accept challenges.

Libra Sep 24 – Oct 22
Today, you may feel some negativity around you, which can make you upset. You may find your responsibilities to be a burden. You may be in a hurry to complete tasks given to you. You could make silly mistakes. Your working efficiency could be a little slow, affecting your day-to-day work. Your projects are likely to be delayed. You are advised to take advice from your elders.

Scorpio Oct 23 – Nov 22
Today is a positive day for you. You may get success for your hard work on the professional front. You may have good focus and complete your work before time, which can improve your self-confidence. You can also expect some work-related short trips, which may be beneficial in the near future in terms of your network.

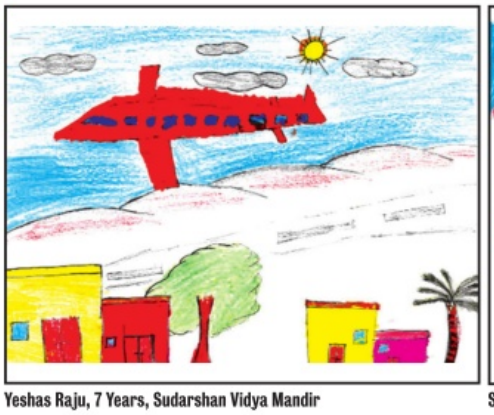
Sagittarius Nov 23 – Dec 22
Today you are blessed by the moon. You may expect to get some inherited assets. You may perform with patience on the work front, which may increase your efficiency. You may be polite with the people around you. You may use your communication skills to get new work.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon, which will bring you patience. Externally, you may face some work-related stress, but your inner sense may be calm and cool, which will help you to balance everything. You may enjoy every moment in your work and domestic life. Parent's health is now okay. You may hear some good news from your siblings.

Aquarius Jan 21 – Feb 19
Today you may feel unhappy. Some old health-issues may resurface, which can make you impatient. You may spend your hard-earned money on buying worthless stuff. You are advised to control your short-tempered nature. Lovebirds are advised to avoid discussions on worthless topics, otherwise there might be breakups.

Pisces Feb 20 – Mar 20
Today you are likely to enjoy your domestic and professional life. You may become polite with the people around you, which may help in completing your work smoothly. You may find some new sources of earnings, which can boost your savings. You may also plan for renovation of your house or office. Promotions may arise.

KIDZONE



Yeshas Raju, 7 Years, Sudarshan Vidya Mandir

Sumanth, 8 Years, Delhi Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
n 3 hours, Mary eats 32x3 = 96 cherry tomatoes. Tom eats 32 cherry tomatoes. They both eat 96 + 32 = 128 cherry tomatoes in 3 hours. They both eat 128/3 cherry tomatoes per hours. So, they will take 40 : 128/3 = 120/128 hours to eat 40 cherry tomatoes.

RIDDLER Anthony Eden

QUOTE UNCODE
Happiness is when what you think, what you say, and what you do are in harmony.

FAST FIVE

S	C	A	D	S
C	A	M	E	O
U	N	O	I	L
L	O	U	S	E
P	E	R	M	S

STRIKE OUT

L	E	N	G	T	H		D	O	O	U	S	E	D	
E		A		A	C	E		F		S		E		
H		L		P	S	S	T		I			R		
G	H	E	T	T	O		U	S	A	B	L	E		
T		C		A		B	A	A		M		E		
T	R	O	P	E	Z		C	L	A	I	M	S		

QUICK

														F
														R
														H
														T
														L
														E
														S
														O
														O
														N
														C

MENSA PUZZLE
From left to right - Working in columns add the number of black segments in the first two circles to give the bottom circle. The third circle down is the difference between the first two circles

BULL'S EYE hurt, FRAUGHT, thug, turf

4	1	8	9	6	3	7	2	5	
6	2	3	4	7	5	8	9	1	
5	7	9	1	8	2	4	6	3	
1	9	2	5	4	6	3	8	7	
8	5	4	7	3	9	1	6	4	2
3	6	4	8	2	7	1	5	9	
2	4	1	6	3	9	5	7	8	
9	8	5	7	1	4	2	3	6	
7	3	6	2	5	8	9	1	4	

SUDOKU

ALPHA TRIANGLE
W, We, Dew, Awed, Waded, Waddle, Drawled.

GO FIGURE
Easy
2 + 7 − 1 + 1 = 9
Medium
5 − 7 + 4 + 7 = 7
Hard
4 + 4 − 4 + 2 = 6

LOOP

KAKURO

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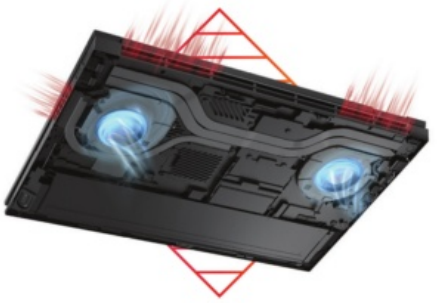

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